

An Important Message From Dr. Roy Lubkeman

Dear Patient,

This letter has a few very important pieces of information you should know about to maximize your benefit from care. Knowing these few things will help you not only achieve the treatment goals you are looking for but also succeed in the least time and for the least amount of money possible.

The first thing you should know is that Chiropractic has been around for a long time. It started way back in 1895 by DD Palmer in Davenport, IA.

Chiropractic, like other healthcare, has seen significant advancements in technology and treatments. According to the Journal of Neuromusculoskeletal System, 2001, **patients are highly satisfied with their chiropractic care.** 85% reported their chiropractor listened to them, 85.3% said their chiropractor explained things, 88.2% said that their chiropractor respected them, and 82% reported their chiropractor never recommended more visits than necessary.

As a result, Chiropractic has also been accepted by modern medical practitioners because of the years and years of research finding it to be safe and effective. As a matter of fact, a lot of medical doctors are now working hand-in-hand with Chiropractors to give patients the best possible care.

A big reason we have such great success and get so many referrals, is that we make sure we focus on our patients needs and do NOT give every patient a “canned” treatment plan.

In our office, every patient is individually evaluated and treated. Our goal is to get you out of pain as fast as possible. I don't use high pressure tactics or sell you long drawn out treatment plans. You are free to come and go as you need care. I will give you my recommendations, but you can choose how often you want to be treated.

WELCOME TO ARBOR VITAE CHIROPRACTIC! Chances are, you were referred to us by one of your close friends or family members, and I appreciate that. Getting you out of pain fast is of primary importance, then setting you up for an occasional adjustment to keep you healthy and save your healthcare dollars will be a secondary focus.

The ultimate goal is to keep you **“100% healthy, 100% of the time.”**

Sincerely,

Dr. Roy Lubkeman

P.S. - We also want to provide the best, all natural and organic health advice to you as you progress through your treatment. Attached are Icing Instructions and Home Care/Limitations Sheets to help you do the right things at home while you get better. On future visits I will provide information relating to exercise, nutrition, environmental toxins and many more topics.

Icing Instructions

Icing reduces pain and swelling significantly. Usually, by simply icing a painful area, the discomfort will reduce by 50% without other treatment.

Making an Ice Pack:

Place one quart size **zip-lock type bag** inside another. Place ice cubes or crushed ice inside the inner bag, squeeze out as much air as possible and close the bag. Fold the inside bag's top over, squeeze out as much air as possible and close the outer bag (leak prevention).

Dampen a towel (preferably a kitchen flower sack type towel) and wring out as much water as possible from the towel. Wrap the towel around the ice pack so that a single layer will be between you (the patient) and the ice pack itself.

Caution:

Gel packs, bags of peas, cold steaks, or any other substitute for ice packs should not be used. All others products get as cold as the freezer and then warm up while they cool the skin so there's a greater risk of reactive hyperemia. Ice has the unique property that it freezes at **32°** and remains at **32°** as long as there is ice in the pack.

Timing:

I recommend that you place the ice pack on the skin over the area of pain for **20 minutes** at a time. Wait *an hour and forty minutes between* icings to allow the skin to warm sufficiently back to room temperature.

If you have a *phone timer*, set it for two hours. Then for the first twenty minutes, place the ice on the painful area. Put the ice pack back into the freezer for the remainder of the two hour time period. Repeat the cycle as often as is convenient.

Tips:

Don't wake up at night specifically to ice, but if your pain wakes you up, it's better to ice it and get a good night sleep, than to struggle with the pain.

You should ice at work during your breaks if it's convenient, otherwise don't worry about it. If you are traveling, put zip lock bags in your luggage to have along and get ice from the motel or a convenience store.

Home Care/Limitations

You have been injured, remember that!!!! If you have any illusions that you can still go out and lift up the lawn mower, refrigerator, or locomotive, put that right out of your mind Superhero.

Your spine is very fragile right now.

Your lifting limitations: **Frequent lifting** ____ lbs., **Occasional lifting** ____ lbs.

Lifting limitations end on: ____/____/____. But don't think you'll be back to superhero status yet.

Now that we have that established, here are some tips to help you meet the expectations.

1. **Judge what you are lifting** so you don't exceed the limits placed on you for good reason. One gallon of milk weighs 8.5 lbs., think about that.
2. **Things that cause swelling:** Being stationary (Mr. Couch Potato), causing further injury (if it hurts, don't do it), heat. Swelling in painful tissue makes it hurt 10 times worse than it would otherwise. Movement helps to push fluid out of a swollen area through the muscle action. Re-injury is extremely common because people just won't slow down long enough to heal. Heat does the opposite of ice, it increases swelling.

Let's think about what happens when you sleep. You lie in a stationary position for an extended period of time with nice warm blankets over you and then you try to get up suddenly. Yah, you hurt in the morning. Get the ice pack and start cooling down the swelling.

Driving does some of the same things. You are stuck sitting in a low chair for a long time, the back is all warm and snug, and you want to get there so you don't stop. A better approach is to get out and walk around every hour at a minimum. Getting there isn't as important as taking care of your back.
3. **What you should be doing:** Sit in a straight back chair with support or better yet, a good solid rocking chair. Get up and move around frequently to keep the blood circulating. If you have to lift, lift smaller amounts, use mechanical aids to lighten the load, or have someone else lift for you (because you're injured!!!). If your beloved child wants uppie, find a place to sit down and have them come to you and crawl up on your lap. In an emergency, you do what you have to do, we'll deal with the consequences later but solve the emergency and get past that as best as you can.
4. **Drink plenty of water.** Water will help to hydrate the discs and the blood system with fresh fluids and allow the kidneys to clear out toxins better. With pain there is a neurotransmitter called Substance P flowing through your system. With more water, this substance P gets flushed out of the painful tissue and excreted.
5. **Food:** Eat Spicy foods and avoid MSG. Spicy foods have capsaicin from the peppers in them and this is shown to help decrease pain. MSG or monosodium glutamate is related to Glutamine, the neurotransmitter of slow pain fibers. MSG stimulates the taste buds to be excited when you ingest it, but it does increase the pain that you feel.

These are tips to help you while the pain is acute and uncontrolled. If at any time the pain worsens or becomes intolerable, please call for advice and appointment times. My office phone number is **515-963-9715** and is transferred to my mobile 24 hours per day. My e-mail is: drroylubkeman@gmail.com

Health Treatment Plan Options

<p>Medical type care Insurance based</p>	<p>Insurance based care. Insurance only pays for your care while you have symptoms and pain. This type of care <u>should end</u> when the symptoms are gone and you have returned to normal activities. Each service is billed separately for the date of service rendered. There is <u>no consideration for wellness care or preventative maintenance</u>.</p>	<p>Co-pay plus insurance billing for individual services. Responsible for DDBL.</p>
<p>Chiropractic type care Pay as you go</p>	<p>For people without insurance who want to repair their back, correct some spinal issues, and be seen on the occasional basis. There are <u>no limits</u> to the amount of care you receive and this plan can be used for maintenance or optimization in a pay as you go type of set-up. Pay one fee per date of service. Fee subject to change without notice. May use 12 for 11 card with this package.</p>	<p>\$45.00/visit</p>
<p>Ongoing Care 1 Prepay Package</p>	<p>Prepaid packages for those who want to have a fixed outlay of cash at any given time. Purchase visits in increments of 5 visits for \$35 per visit as a prepay (\$175 per plan). This <u>locks in the price</u> for the duration of the prepaid visits. The visits don't expire and are refundable upon request if something changes where you can't use all of them. Limit of 5 packages can be purchased at a time (or 25 visits).</p>	<p>\$195 per plan of 5 visits. Averages daily visits to \$39 per visit rate.</p>
<p>Ongoing Care 2 Subscription</p>	<p>Subscription plan for ongoing care. Set up a subscription to purchase as many visits as you want on a monthly basis at a rate of \$35 per visit. The advantage is that it comes out on a <u>monthly basis</u> from a credit card or debit card and you have the month to use the visit. This plan <u>locks in the price</u> for as long as you keep the plan up. Cancel at any time with no long term commitments but until you cancel, it will continue to come out monthly on the date you designate. Can be used for individual or family plans.</p>	<p>Ongoing subscription at \$40 per visit rate</p>
<p>Child care plans</p>	<p>Pay as you go plan or can be included in the subscription plan. Ask about age dependent pricing for children under the age of 16.</p>	<p>Age dependent pricing.</p>

Packages and discounted care are not available to persons on **federally subsidized insurance programs** like Medicare, Medicaid, or Hawkeye.

Checks are accepted but are subject to a \$30 fee for returned checks. I will not be responsible for post-dated checks or for holding a check until a certain date or day.

Only one type of discount can be used per person at any given time.